

# CPR Class Schedule for South Bay Fire Department 2026

**Where:** South Bay Station 8-1, 3506 Shincke Road NE, Olympia, WA 98506  
**When:** 2<sup>nd</sup> Wednesdays 7 pm – 8 pm

## All Training is Compression Only

### **Dates:**

- January 14
- February 11
- March 11
- April 8
- May 13
- June 10
- July 8
- August 12
- September 9
- October 14
- November 12 (Thursday due to holiday)
- December 9



**Call Medic One at 360-704-2782 to register for this free class or for further information.**

Medic One provides compression only CPR with AED training held at Station 8-1. These one to one and a half hour long classes meet nationally recognized criteria for CPR training in the workplace. Classes are FREE to those who live or work in Thurston County. Compression-only CPR is CPR without mouth-to-mouth breaths. It is recommended for use on a teen or adult. American Heart Association (AHA) Heartsaver course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements.

(Note: Please call Medic One or visit their website at <https://www.thurstoncountywa.gov/departments/medic-one/thurston-county-medic-one-cpr-class-registration> for information on CPR classes held at other locations. Medic One does not provide First Aid Training.)